

THE POWER OF POSITIVITY

THE POWER OF GRATITUDE



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CHAPTER 1

WHAT IS GRATITUDE?

Gratitude is showing **appreciation** or giving thanks. You probably say “thank you” when someone gives you something. It is polite and good manners. It also helps you feel **grateful**.





Feeling grateful helps you appreciate what you have. Willa's dad made her a cake for her birthday. She feels grateful.

Gratitude is something you can **express**. You can write a thank-you note or tell others what you are thankful for.

Gratitude is also something you can practice. When you practice gratitude, you think about what is good around you. You might spend a few minutes a day writing about what you are grateful for.

WHAT CAN YOU BE GRATEFUL FOR?

You can feel grateful for objects, like your home or toys. You can also feel grateful for people, like family members and friends. You can be grateful for **experiences**, like visiting the zoo, too.



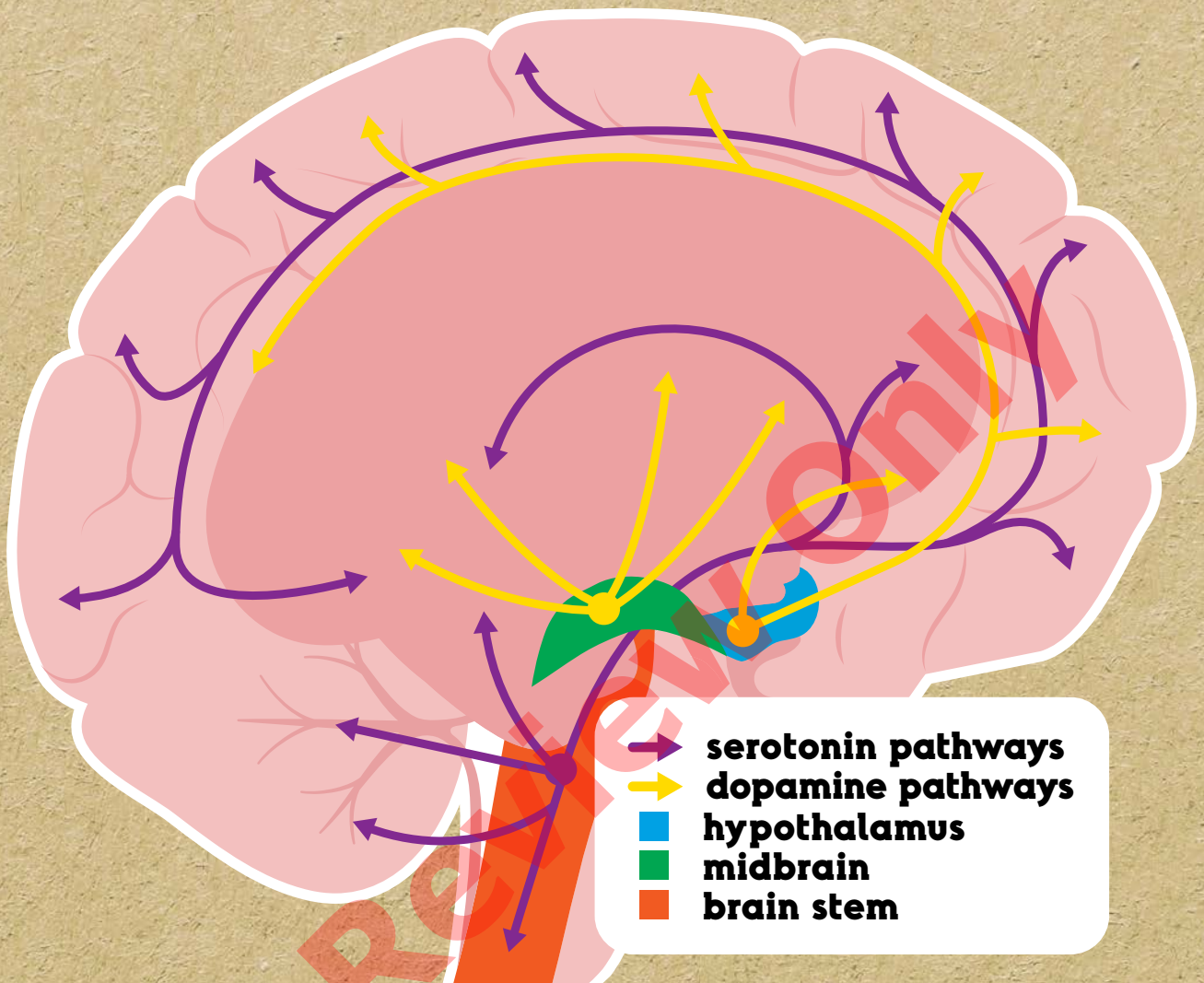


CHAPTER 2

GRATITUDE IS GOOD FOR YOU

Julie's brother helps her with homework every day. Julie practices gratitude by saying thank you. Practicing gratitude **benefits** your mind and body. It helps you feel good.





Our brains make **neurotransmitters**. Some are released when we're grateful. Dopamine is one. It is made in the hypothalamus and parts of the midbrain. It makes us feel excited and happy. It also helps us stay focused and motivated. Serotonin is another. It is made in the brain stem. It boosts our mood and helps us sleep better.